

SPECTATOR

January 2014

NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

Volume 3, Issue 1

A FOCUS ON RESOLUTIONS

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

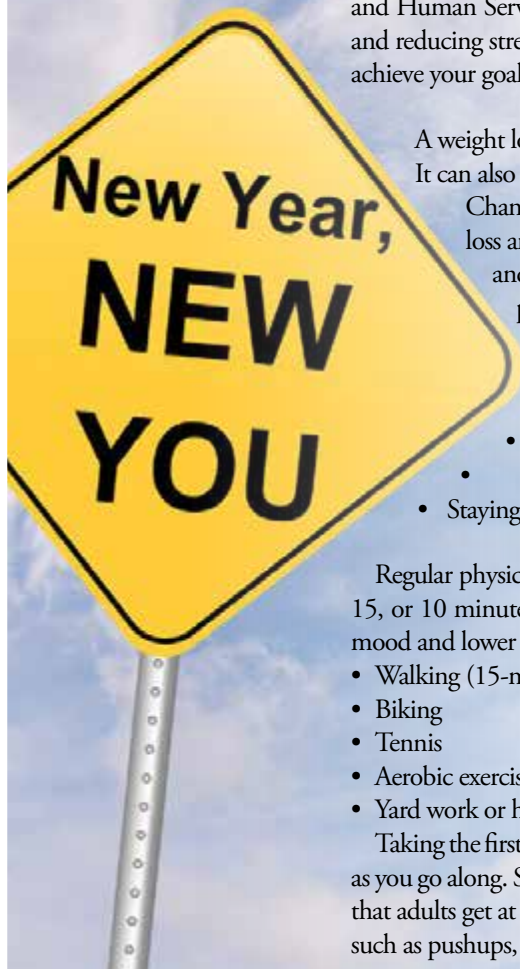
- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



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- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit	713-755-7427
Poison Control.....	800-222-1221
Traffic Light Issues	713-881-3210

SCHOOLS

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Cypress Fairbanks ISD Transportation	281-897-4380
Warner Elementary	281-213-1650
Smith Middle School	281-213-1010
Cy-Ranch High School	281-373-2300

UTILITIES

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Reliant Energy.....	713-207-2222
Water - Severn Trent.....	281-646-2383
Waste Management - Trash	713-686-6666

OTHER NUMBERS

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department	713-439-6260
Post Office.....	281-859-9021
Harris County Public Library.....	281-290-3210
Cy-Fair Hospital.....	281-890-4285
North Cypress Medical Center.....	832-912-3500

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ARTICLE INFO

The *Tribune* is mailed monthly to all Cypress Creek Lake residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to cypresscreeklakes@peelinc.com. The deadline is the 9th of the month prior to the issue.

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2012	121	\$167,000	\$509,000	\$309,873	81

*Based on HAR.com through December 1, 2013



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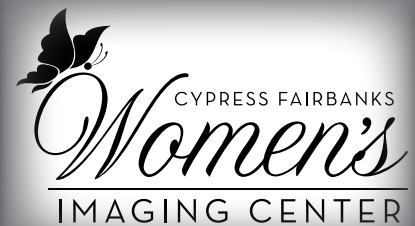


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CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! Start the new year by giving in service to others by joining with the Cy-Fair Kiwanis Club. We work with Key Clubs, Builders Clubs, and Boy and Girl Scout troops to build leadership and orientation toward service to others, and with community based organizations that provide goods and services to the needy in our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens worldwide. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.



Businesses of the community are encouraged to support a representative for membership in Kiwanis. We welcome business and organization representatives as well as individual memberships.

Regular meetings of the club will occur on January 7, 14, and 21 at the Hearthstone Country Club at 12:15

p.m. We invite you to be our guest for lunch and fellowship and for informative programs. For more

information, call John Carroll at 281-463-0373,

George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127.

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Cypress Creek Lakes Year-to-Date Sales Report

	Feb '13	Mar '13	Apr '13	May '13	June '13	July '13	Aug '13	Sept '13	Oct '13	Nov '13
\$500,000 and above	0	0	0	2	1	1	0	0	1	0
\$451,000--\$499,999	1	0	0	2	1	0	1	0	1	0
\$351,000--\$450,999	6	1	1	5	3	3	3	5	2	4
\$276,000--\$350,999	4	0	5	6	2	2	1	2	0	3
\$231,000--\$275,999	3	3	3	6	2	1	3	0	1	1
\$201,000--\$230,999	3	1	3	5	1	0	10	0	0	2
\$200,999 and below	1	0	1	0	0	0	0	0	0	0
Total	18	5	13	26	10	7	9	7	5	10
Highest \$/sq ft	\$110.15	\$98.31	\$105.51	\$118.51	\$111.90	\$114.79	\$109.91	\$106.16	\$117.94	\$115.86

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Performances will be held in the Cy Woods High School Auditorium

Thursday – Saturday (January 30th – February 1st) at 7:00 pm

Saturday Matinee at 2:00 pm.

Tickets may be purchased online at www.showtix4u.com.

TICKET PRICES:

Orchestra Level - \$15.00 | Mezzanine Level - \$10.00

Synopsis: The story follows a Baker and his wife who wish to have a child, Cinderella who wishes to attend the King’s Festival, and Jack who wishes his cow would give milk. When the Baker and his wife learn that they cannot have a child because of a Witch’s curse, the two set off on a journey to break the curse. Everyone’s wish is granted, but the consequences of their actions return to haunt them later with disastrous results.



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Saturday January 18th, 2014

7pm at the Centrum

Mark Dupere, guest conductor

PROGRAM:

C.P.E Bach Symphony for Strings in B-flat

Mendelssohn String Symphony No. 7 in D minor

Tchaikovsky Serenade for Strings Op. 48

Tickets can be purchased at cypresssymphony.org

Student admission is free.

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